



Smoke-free Fact Sheet For Youth

SMOKING KILLS 36 PEOPLE EVERY DAY IN ONTARIO

Tobacco use is linked to:

- Cancer of the lung, bladder, esophagus, pancreas, mouth, cervix, kidney and stomach.
- Cardiovascular diseases such as heart attacks, aortic aneurysms and stroke.
- Respiratory diseases including emphysema, chronic bronchitis and asthmatic bronchitis.

Short-term effects of tobacco use:

- Shortness of breath
- Coughing
- Increased heart rate
- Decreased levels of physical fitness
- Bad breath and stained teeth
- Leathery looking skin and wrinkling

Youth tobacco use is cause for concern:

- Tobacco may lead to involvement in other risky behaviour, such as alcohol and drug use. The younger people are when they begin to smoke, the more likely they are to smoke as adults.
- Young people start to smoke at all ages – from their pre-teen years into their early twenties.

The benefits of quitting begin right away

- Heart rate drops within 20 minutes
- Improved circulation
- Decreased chance of heart attack
- Improved lung function
- Increased energy levels

For information, advice and support call *Smokers' Helpline* at 1-877-513-5333 or www.smokershelpline.ca

Community smoke-free policies work!

- Smoke-free policies help support people trying to quit and help to prevent youth from starting.
- They are an important part of a comprehensive effort to reduce the use of tobacco in Ontario.

